GOOD NEWS FOR HOMEMAKERS

By
Shirley Walton

Even the best of cooks occasionally runs out of an ingredient she needs and is unable to stop what she is doing to go to the store. At times like those, sometimes another ingredient or combination of ingredients can be used. Here is a list of substitutions that yield satisfactory results.

Ingredient called for	Substitution
1 cup self-rising flour	1 cup all-purpose flour plus 1 teaspoon baking powder and ½ teaspoon salt
1 cup cake flour	1 cup all-purpose flour minus 2 tablespoons
1 teaspoon baking powder	½ teaspoon cream of tartar plus ¼ teaspoon soda
1 tablespoon cornstarch or arrowroot	2 tablespoons all-purpose flour
1 tablespoon tapioca	1½ tablespoons all purpose flour
1 whole egg	2 egg yolks plus 1 tablespoon water
1 cup commercial sour cream	1 tablespoon lemon juice plus evaporated milk to equal 1 cup or 3 tablespoons butter plus 7/8 cup sour milk
1 cup yogurt	1 cup buttermilk or sour milk
1 cup sour milk or buttermilk	1 tablespoon vinegar or lemon juice plus sweet milk to equal 1 cup
1 cup honey	1¼ cups sugar plus ¼ liquid
1 oz. unsweetned chocolate	3 tablespoons cocoa plus 1 tablespoon butter or margarine
1 clove fresh garlic powder	1 teaspoon garlic salt or 1/8 teaspoon garlic powder
1 cup all-purpose flour	1 teaspoon onion powder
1 teaspoon minced onion	1 tablespoon fresh herbs
1 teaspoon ground or crushed dry herbs	1 pound fresh mushrooms
6 ozs. canned mushrooms	

Note: A good management tip would be to clip this information and place it on the inside of your kitchen cabinet. Then it would always be handy.

Next week I will have other information that will be helpful for you as you plan your meals and buy groceries.

RECIPE OF THE WEEK
Strawberry or Raspberry Swirl

¾ cup graham crackers
3 tablespoons melted butter
2 tablespoons sugar
Press into bottom of 7 x 11 inch pan. Bake 8 minutes
3 eggs
¾ cup sugar
8 Oz. Pkg. Cheese
10 oz. pkg. strawberries
1 cup cream whipped (I use 2 cups cool whip)
Beat egg yolks - add sugar and cream cheese - Beat until smooth. Beat egg whites until stiff fold into cheese mixture along with cream (whipped)
Crush berries in blender, swirl half of berries through cheese filling. Spread over crust. Spoon remaining puree on top and swirl. Cover well and freeze. Remove from freezer 20 minutes before serving.

Jordan Sunday School Host Union

The Jordan Baptist Church School was host to the East and West Bound Sunday School last Sunday morning beginning at 10 a.m. The program was well organized and carried out in a very effective manner. The pastor of the church, Rev. C. L. Elliott delivered a special sermon and beautiful music was rendered by the senior choir. The offerings for the day were very good. The local school was left a total of $68.20. The youth program was very brief, but enjoyed by all. The president complimented the host school for its hospitality. The next regular meeting will be held at the Galilee Sunday school. Refreshments were served to all by the local school.

An overflow crowd attended the brick rally last Sunday at the Triumph Baptist Church. The rally was sponsored by Mrs. Magnolia Franklin of Pamplin, Va. for the benefit of the building fund. The pastor of the church, Rev. David L. Jordan, was assisted in the devotions by Dr. Charles M. Franklin, pastor of the Fountain Baptist Church of Baltimore, Md. The guest speaker was the Reverend James H. Franklin, twin brother to Dr. Charles M. Franklin of Bluefield, West Virginia. Dr. Franklin inspired the entire audience with beautiful music. A grand total of $1506.60 was reported for the days offerings. Every one rejoiced and was glad they came to the service.

Mrs. Magnolia Franklin was very glad to have all of her children home for the weekend. Mr. Thomas Jackson is visiting friends in Philadelphia. Mrs. Alice Brown of New York and Mrs. Rose Britts and family of Washington, D.C. were the guest of their sister, Mrs. Magnolia also over the week end. Mr. and Mrs. Robert Johnson of Princeton, West Virginia was the guest of his sister and family, Mr. and Mrs. Frank Dungee. Regular preaching service will be held at the Zion Baptist Church this coming Sunday at 11 a.m. We at Zion are still praying for the sick.

The local Usher board of the Promise Land Baptist Church will hold its anniversary program on the second Sunday in June at 3 P.M. The special guest will be the Amature Spiritual Singers of Amherst, Va. Local usher boards have been invited to attend.

All officers, members and friends are asked to attend the regular preaching service at the Galilee Baptist Church this Sunday morning at 11 a.m. A free will rally will come to a close during the offering period.

An appreciative crowd attended the special service last Sunday evening at 6 p.m. The service was titled:"Cutting The Gospel Cake". Mrs. Claudia Woolridge was the sponsor of the program. The Rev. R. Q. Lawing delivered the special sermon. Beautiful music was rendered by the Mount Zion Male chorus. All who came out enjoyed the entire service.

The special Family Day conducted at the Springfield Baptist Church was well attended and enjoyed by all. The Rev. Mark A. Riddix and his chorus of Mount Zion Baptist Church of Baltimore was the guest speaker. The 11 a.m. and the 2 p.m. services were in charge of the Baltimore minister and his people. The pastor of the church extended a warm welcome to all who came. The Reverends H. W. Pryor and R. Q. Lawing shared inthe afternoon service. A total of over $800.00 was reported for the days offering. Mr. Foster Lewis was the sponsor of the program.

Mrs. Juanita Schrock of Arizona is spending a vacation here with her parents, Rev. and Mrs. R. Q. Lawing.

Rev. and Mrs. R. Q. Lawing, Jr. and brother Tim and Mrs. Evelyn Berry rendered special service last Sunday at the First Baptist Church of Graham, N. C.

A large number of relatives and friends visited here during the holiday week end.

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DAVID PAGE, KAREN STEVENS, CARRELL ALMOND, SHELIA ROACH, SUSAN SHORTER AND LISA ROGERS were among the 4-H'ers winning in the Area Contest.

GLEN McCLENNY, DAVID O'BRIEN, VIVIAN SEAY, TERESA BASS, JAMES BEATY AND CHARLES WOMACK were among the winners in the Area Contest for 4-H'ers.

MICHAEL ROACH, ALLEN SMITH, PATRICIA CHANDLER, TERRI NASH, DANA WHITE AND GLORIA FERGUSON were among 4-H'ers winning in the Area Contest.

CHERYL WALTON, ROB STEWART, TOM COBB, STEVE MAYBERRY, LAURA WALTON AND STEVE CONNER were among the winners in the Area Contest for 4-H members.

KATHY LEWIS, CECIL JACOBS, J. C. ROGERS, PATTY ROACH, shown above, were winners in the Area Contest for 4-H members. Top winners not pictured were David Coffey and Elizabeth Coffey.

4-H'ers Win In Area Contest

On Saturday, May 14, forty-three Appomattox 4-H'ers, parents and family members traveled to Rustburg to compete in the Annual East Central Area Junior 4-H Contest. 4-H'ers from the counties of Halifax, Campbell, Bedford, Amherst, and the City of Lynchburg took part in the program, as well as Appomattox.

Appomattox 4-H'ers competed in thirty-nine different categories in the program and won a total of 27 first place awards and 7 second place awards.

Among our first place winners were: Michael Roach in boys Public Speaking; James Beaty in Chick-N-Quiz; Cecil Jacobs in Rocketry; David Page in Hobbies; Terri Nash in Meat and Meat Substitutes; Carrel Almond in Fruits and Vegetables; Patty Roach in Arts and Crafts; David Coffey in Miscellaneous; Vivian Seay in Horse and Pony; David O'Brien in Poultry; Sheila Roach in Milk and Milk Products; Dana White in Breads and Cereals; Lisa Rogers in Child Care; Karen Stevens in Home Management; Susan Shorter in Home Environment; Laura Walton in Clothing; Glen McClenny in Conservation; Allen Smith in Plant and Soil Science; Patricia Chandler in Community Beautification; Gloria Ferguson in Bicycle; Charles Womack in Woodworking; Kathy Lewis in Photography; Tom Cobb in Fishing; Teresa Bass in Small Pets; J. C. Rogers in Archery; and the Meat Identification and Evaluation Team composed of Cheryl Walton, Steve Connor, Steve Mayberry and Rob Stewart.

Second place blue awards were presented to the following 4-H'ers: Jane Gulli in Dress Revue; Karen Fitzgerald in Dog Care; Donna Layne in Veterinary Science; Beverly Coleman in Dairy; Kenneth McClenny in Field Crops; Blair Smith in Entomology; and Michael McCoy in Share-the-fun.

Also participating in the program and receiving awards based on the Danish System were: Laurie Cowan in Girls' Public Speaking; Bobby Harr in Electric; Jennifer Inge in Safety; Sally Coleman in Wildlife and Audrey and Dana Moore in Share-the-Fun.

Many Appomattox 4-H'ers, friends and family members enjoyed lunch at the Pizza Hut after returning to Appomattox.

Dairymen Can Profit From Alfalfa Supplement:

Montgomery, associate professor of animal science, and B. J. Bearden, assistant professor of animal science, University of Tennessee.

LEWISBURG, Tenn. -- Dairymen in the Southeast can profit by supplementing corn silage with alfalfa, according to scientists of USDA's Agricultural Research Service and the University of Tennessee.

In cooperative research carried out over a two-year period at the U. S. Dairy Experiment Station here, milk production rose almost 10 percent when alfalfa was used to supplement corn silage.

The gains in milk production were slightly better when the supplement was alfalfa hay as opposed to alfalfa low moisture silage, but the difference was small. Indications are that the real gains would be in using the alfalfa low moisture silage because it lends itself to automated feeding, requires less hand labor than hay, and has less field loss than hay.

Moreover, alfalfa low moisture silage increases the use of silage storage space by spring filling and provides summer feeding to support production when grazing perennial crops that have lower quality in the summer months.

Corn silage for the feeding trials was harvested when the grain was in the dent state of maturity and was stored in concrete stave silos. Alfalfa hay was cut in the early bloom state and alfalfa low moisture silage was made from first cutting in the spring when the plants were in the bud stage and stored in concrete stave silos.

The feeding of a high protein forage such as alfalfa is particularly advantageous because alfalfa can be grown on many farms, thus dairymen can avoid the cash outlay for higher protein grains.

The two-year study was conducted by Harold D. Baxter, ARS animal scientist, and M. J.

THE ALLIANCE STORY

WEBB'S TIRE COMPANY is proud to introduce a new tire to Appomattox. It's the Alliance Steel Belted Radial.

Recently the Delta Buyers Co-Op of Charlotte, North Carolina inspected the Alliance Tire Company's production Facilities in Hadera, Israel. Here they encountered the most modern tire making methods being put into practice by personnel who took great pride in manufacturing a product of the highest quality. Because of this combination of the latest tire production technology with great skill and care in workmanship, the Delta inspectors found the Alliance plant to be one of the best in the world.

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"In my opinion Claude Anderson is one of the outstanding members of the General Assembly with seniority, being actively involved in the legislative process. He has endeared himself to the other members of the General Assembly and I commend him for his accomplishments and the help he has given us in the 27th District."

Watt Abbitt

"Claude has been the policeman's friend in the House of Delegates. Law enforcement couldn't have a stronger ally."

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"Any time we have ever needed any help from Richmond with the public school system, either financial or material, Claude has always done the best and most effective job possible."

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AND SEND HIM BACK TO RICHMOND

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IN THE JUNE 14 DEMOCRATIC PRIMARY

Paid for by Anderson for House Committee, Frances G. Ward, Treasurer